



THE COMPASS: Words from our Heart



What Now?

Following the first year after loss, many ask the question, "What now?" Grief does not end here...neither does the journey of discovering "who you are now" without the presence of your loved one. We hope the information you have gathered over the last year will act as your compass as you continue to move through your grief. Remember to listen to your own voice and be patient with yourself. Healing takes time.

VNA Volunteer Program

As you move forward after your loss, we would like to offer you and your family an opportunity to become a VNA Hospice Volunteer. A number of bereaved individuals have told us they found it helpful to volunteer a few hours a month helping others in need. They described the volunteer role as both *meaningful* and *healing*. Information about our wonderful VNA Volunteer program is enclosed. Please contact our Volunteer Coordinator for more information.

Friends of VNA Hospice

Looking for a special way to give to remember your loved one? Donations can be made in honor of a loved one to help fund our free bereavement services so that we can continue to serve other grieving hearts in our community. Did you find comfort in a book you read over the last year? Please consider donating that book, or funds, to our resource library in honor of your loved one. For more information about giving back to the VNA Bereavement Program please call the number listed below.

VNA Community Bereavement Program

Although this letter brings an end to our scheduled contacts, you (and your family) may continue to be connected with our bereavement services. We have on-going educational classes and support programs, written resources, library books, and we are always happy to hear from you by phone.
REMEMBER TO ALWAYS TAKE CARE OF YOU.

YOUR FEEDBACK IS IMPORTANT TO US

At this time we ask that you complete and return the enclosed survey evaluating our bereavement services. We welcome your comments.

VNA Bereavement Team
VNA Community Bereavement Center
154 Hindman Road Butler, PA 16001
724 431-3520